

NEUROTRANSMITTER

NUTRIENTS NEEDED

Serotonin — Tryptophan, Iron

Dopamine — Phenylalanine, Iron, B6

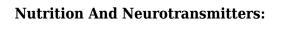
Melatonin — Tryptophan, Iron, B6, B9, Zinc, Magnesium

Phenylalanine, Iron, B6, Copper, Magnesium

@truepotentialnutrition

Nutrition And Neurotransmitters

Robin B. Kanarek



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